



BASE SEATTLE CUTTERMAN'S DINING FACILITY

October 29, 2012 - November 03, 2012



:: All meal hours are final unless specified otherwise::

	BREAKFAST MON - FRI 0600 - 0730 SAT, SUN, HOLIDAY 0730-0830	BREAKFAST NUTRITIONAL INFORMATION Calories/Fat/Carbs/Protein	LUNCH MON - FRI 1100 - 1230 SAT, SUN, HOLIDAY 1100 - 1230	LUNCH NUTRITIONAL INFORMATION Serv. Calories/Fat/Carbs/Protein
M O N D A Y	Fresh Fruit Eggs To Order Sliced Homefries Corned Beef Hash Buttermilk Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 128/5g/19g/2g 2 ea 92/8g/1g/6g 2 ea 172/7g/22g/5g - - -	TO-GO LUNCH ORDERS SPEEDLINE: Personal Pizzas w/ Chicken Wings Beef Lasagna and Vegetable Lasagna Italian Blend Vegetables Garlic Bread Sticks Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	- 1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g -
T U E S D A Y	Fresh Fruit Eggs To Order Hashbrown Patties Sausage Links Eggs Benedict French Toast Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 50/0g/12g/1g 2 ea 218/20g/2g/8g 1 ea 360/16g/34g/18g 1 ea 149/7g/16g/5g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Gyros w/ Shoestring Fries Ham and Split Pea Soup Jamaican Jerk Chicken Black Beans and Rice Fried Plantains Jalapeno Cornbread Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	1 ea 250/18g/20g/7g 5 oz 220/10g/15g/3g 1 cup 260/3g/15g/23g 8 oz 390/13g/43g/30g 4 oz 350/11g/24g/1g 5 oz 160/3g/17g/3g 1 ea 132/5/22g/0g - -
W E D N E S D A Y	Fresh Fruit Eggs To Order Potatoes Obrien Bacon Supreme Breakfast Burritos Buttermilk Waffles Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	1 ea 340/20g/28g/14g 1 ea 416/26g/28g/18g 1 ea 429/25g/34g/20g 1 ea 521/19g/55g/36g 1 ea 520/20g/52g/37g 1 ea 430/17g/39g/31g 1 ea 464/21g/50g/16g -	TO-GO LUNCH ORDERS SPEEDLINE: Chicken Tenders w/ Jalapeno Poppers Broccoli and Cheddar Soup Savory Roast Beef Roasted Red Potatoes w/ Pan Gravy Grilled Zucchini and Squash Honey Glazed Dinner Rolls Fresh Salad Bar, Asst Desserts Soda Milk Juice Coffee	1 ea 340/20g/28g/14g 5 oz 316/26g/31g/8g 1 cup 230/10g/11g/8g 7 oz 325/8g/16g/33 1 cup 194/1.9g/26g/8g 5 oz 140/2g/17g/3g 1 ea 260/22g/12g/8g - -
T H U R S D A Y	Fresh Fruit Eggs To Order Shredded Hashbrowns Grilled Spam Buttermilk Biscuits Sausage Gravy Chocolate Chip Pancakes Hot Syrup & Butter Asst Instant Hot Cereals Asst Sliced Breads And Bagels Juice, Milk And Coffee	½ cup 79/0g/20g/1g 2 ea 184/14g/1g/13g ½ cup 50/0g/12g/1g 2 ea 182/16g/1g/7g 1 ea 260/12g/33g/5g ½ cup 100/6g/8g/3g 1 ea 136/5g/22g/3g - - - -	TO-GO LUNCH ORDERS SPEEDLINE: Beef and Cheddar Sandwiches w/ Curly Fries Southern Style Gumbo BBQ Ribs Country Baked Beans Mac and Cheese Corn on the Cob Corn Muffins Fresh Salad Bar, Asst. Desserts Soda Milk Juice Coffee	5ea 323/17g/22g/18g ½ cup 365/18g/26g/3g 1/2 cup 182/14g/24g/7g 1 ea 437/19g/5g/13g ½ cup 356/23g/28g/5g 1 cup 120/0g/24g/6g 1 ea 260/22g/12g/8g - -
F R I D A Y		Galley Closed for Deck Repairs		Galley Closed for Deck Repairs
S A T U R D A Y		Galley Closed for Deck Repairs		Galley Closed for Deck Repairs
S U N D A Y		Galley Closed for Deck Repairs		Galley Closed for Deck Repairs
	DRAFTED BY FS2 J. G. LaBarge <u>Food Service Specialist</u>	REVIEWED BY LCDR J. J. Pile <u>Comptroller</u>	REVIEWED BY FS1 J. D. Buchanan <u>Food Service Officer</u>	APPROVED BY CAPT M. P. Lebeau <u>Commanding Officer</u>

Disclaimer: Nutritional values are based on a 2000 calorie diet. The caloric values per item are just an average. Values may differ depending on your calorie needs and consumption.